

Tynsel Parkes C.E. Primary Academy

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Dear Parents and Carers,

As part of your child's education at Tynsel Parkes, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) Education Programme. As part of a whole school approach, PSHE education teaches pupils about the qualities and attributes they need to thrive as individuals, family members and members of the local community and wider society.

From April 2021 schools will be required to teach Relationships, Sex Education and Health Education (RSHE). RSHE supports children and young people's personal development including their spiritual, moral, social and cultural development. It aims to help children to deal with the real-life issues they face as they grow up and that they will encounter as adults. Their learning will support them to make informed choices both on and off-line about their safety, as well as their physical and mental health enabling all to live positive and fulfilled lives. RSHE is enhanced by a supportive academy ethos where all are valued, positive relationships are promoted, and there is a safe learning environment.

The curriculum at Tynsel Parkes will not change too much, as many of the areas are already covered in our PSHE sessions (E.g. keeping safe and healthy). However, we will need to change some lessons so that our curriculum meets the statutory guidelines. Whilst this has no impact on the majority of year groups, Year 2 will be beginning to learn the anatomical names for body parts and learn about some of the differences between boys and girls.

Year 4 will be starting to look at puberty and learning about how during this time feelings and emotions change, as well as bodies. We will look at issues that might occur between children and their friends as they grow up. Looking at

common issues of conflict between friends and role play these situations - discussing how situations may escalate and get out of hand and how to resolve these situations peacefully or how to prevent events from happening in the first place.

We will be explaining to the children that some parts of their bodies are private, and help children to understand that some people may be a threat to them. That they have the right to say no! We will endeavour to help them to understand when they should keep a secret and when it is right to 'break a confidence' or 'share a secret'.

Our PSHE and RSHE curriculums are designed not only to fulfil statutory requirements but to enthuse all children with a love of learning. This will be achieved through a mixture of; exploration, discovery, creativity and a variety of learning opportunities that broaden children's knowledge and understanding. Children will develop enquiring minds and a love of learning encapsulating the school motto 'Loving and Learning together'.

As a school, we are committed to working in partnership with parents. Please find the academy's PSHE curriculum overview attached to this letter, highlighting the various concepts and when they are introduced.

Kind Regards

Mrs Kathryn Helm
PSHE Lead Teacher

Mrs Rachel Chandler
Principal

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Me and My School	Me and My relationships	Me and My Safety	Happy and Healthy Me	Me and Other People	Me in the World
EYF S	Getting to know my school <ul style="list-style-type: none"> Who is in my class Adults in school My classroom The school building Expressive art and design New beginnings	<ul style="list-style-type: none"> Being a good friend Who is in my family Different types of family Expressive art and design Getting On/Falling Out .Say no to bullying.	<ul style="list-style-type: none"> Safety in the classroom Safety in school Safety in the playground People who help us keep safe Links to Science Links to E –safety Going for Goals	<ul style="list-style-type: none"> Hand washing Healthy eating Teeth Medicines Being happy Links to science Relationships	<ul style="list-style-type: none"> Celebrating special events Same and different Links to RE Expressive art and design Good To Be Me	Transition <ul style="list-style-type: none"> School Council New experiences in year 1 Summer holidays including safety in the wider world Links to topic-all about summer. Changes
	Vocabulary: Friend, like, sharing, caring, listening, understanding, fun, family, different, same, mum, dad, step mum, step dad, brother, sister, grandparent, auntie, uncle, cousin					
	Me and My relationships	Me and Other People	Me and My School	Me and My Safety	Happy and Healthy Me	Me in the World
Y1	<ul style="list-style-type: none"> Things which make me special and unique. Groups I belong to. 	<ul style="list-style-type: none"> Understand that I belong to various groups and communities. Understand that there are 	<ul style="list-style-type: none"> To help to construct, and agree to follow class rules. To listen to other people and co- 	<ul style="list-style-type: none"> Understand that household products including medicines can be harmful if not used properly. 	<ul style="list-style-type: none"> To know the correct names for parts of the body. Growing from young to old and 	<ul style="list-style-type: none"> To recognise that living things have needs and that we have responsibilities to meet them.

	<ul style="list-style-type: none"> • Similarities and differences between people. • Types of families, why families are special and how families care for each other. • Understanding friendship. • Understand the difference between good and bad secrets • Choices and making decisions. <p>New beginnings</p> <p>Happiness, Respect, Loving, Appreciation.</p> <p>Friendship, Trust, Forgiveness.</p>	<p>different types of teasing and bullying, that bullying is wrong and how to get help to deal with bullying.</p> <p>Getting On/Falling Out. Say no to bullying.</p> <p>Happiness, Respect, Loving, Appreciation, Teamwork.</p> <p>Friendship, Trust, Forgiveness.</p>	<p>operate with them.</p> <ul style="list-style-type: none"> • To understand my role and contribution to the life of the school particularly in relation to the School Council. • To develop an understanding of personal skills <p>Going for Goals</p> <p>Happiness, Respect, Loving, Appreciation, Teamwork.</p> <p>Friendship, Trust</p>	<ul style="list-style-type: none"> • Understand rules for and ways of keeping safe. • Know about people who can help me to stay safe. • Understand rules for, and ways of, keeping safe, including basic road safety. <p>Relationships</p> <p>Loving</p> <p>Wisdom, Trust</p> <p>Links to science, Materials. Links to ICT, E –safety</p>	<p>how people’s needs change</p> <ul style="list-style-type: none"> • Healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health. • Choices that improve physical and emotional health, choices can have good and not so good consequences. • Good To Be Me <p>Loving</p> <p>Wisdom</p> <p>Links to science, Animals Including Humans</p>	<ul style="list-style-type: none"> • To consider social and moral dilemmas • To recognise the needs people have. <p>Changes</p> <p>Happiness, Respect, Loving, Appreciation, Teamwork.</p> <p>Wisdom</p> <p>Links to RE, How Can I Make a Difference in the World?</p>
	<p>Vocabulary</p> <p>Head, neck, shoulders, arms, hands, fingers, legs, feet, toes, face, eyes, nose, mouth, ears, teeth, hair, knee elbow, child, teenager, elderly, change, needs, grow and develop.</p> <p>Family, relationship, different, similar, respect, care, love, look after, like, trust, share, listen, help, talk, kind, good friend and choice.</p>					

Y2	Me and My School	Me and My relationships	Happy and Healthy Me	Me and My Safety	Me and other people	Me in the world
	<ul style="list-style-type: none"> *Class rules *School council, how it works and roles of a representative *Class council meeting *Naming feelings (including negative ones) <p>LINKS TO HISORY</p> <p>New Beginnings Teamwork</p>	<ul style="list-style-type: none"> *Working together *Behaviour and impact on others *Resolving conflict *Teasing and bullying *Changing relationships <p>LINKS TO RE</p> <p>Getting on & Falling out; Say no to Bullying. Respect</p>	<ul style="list-style-type: none"> *Body parts Personal hygiene *Spread of germs and diseases *Balanced diet *Healthy lunchbox <p>LINKS TO SCIENCE</p> <p>Going for Goals Loving</p>	<p>Safe and unsafe:</p> <ul style="list-style-type: none"> *Medicines and household substances *Places e.g. roads *People i.e. safe and unsafe touches, feeling comfortable /uncomfortable, secrets and surprises <p>LINKS TO GEOG</p> <p>Relationships Determination Belief</p>	<ul style="list-style-type: none"> *Similarities and differences between boys and girls *Different types of families *Race and religion <p>LINKS TO RE</p> <p>Good to be Me Happiness</p>	<ul style="list-style-type: none"> Local area *Positive and negatives of the local area *Discussion *Role in improving area Money *Sources of money *Uses of money *Keeping money safe *Making choices <p>Changes Appreciation</p>
	<p>Vocabulary: Nipples, vulva, penis, testicles, clean, dirty, hygiene, washing, infection, disease, germ, spread, catch, illness, stop, cover, nurse, doctor and pharmacist. Behaviour, affect, others, sharing, taking turns, helping, rules, fair, unfair, right, wrong, kind, unkind, special, change, loss, happy, sad, angry, remember, talk and share. Safe, unsafe, comfortable, uncomfortable, acceptable, unacceptable, secret, surprise, tell, no and stop. Boy, girl, male, female, family, same, different and similar.</p>					

Y3	Me and My School	Happy and Healthy Me	Me in the World	Me and My Safety	Me and My relationships	Me and Other People
	<ul style="list-style-type: none"> • Class rules • New challenges • Valuing themselves • School Council <p>LINKS TO RE</p> <p>Teamwork Loving</p> <p>New beginnings</p> <p>Wisdom Thankfulness</p>	<ul style="list-style-type: none"> • Balanced diet • Impact of healthy diet • Making choices <p>LINKS TO SCIENCE & RE</p> <p>Respect Appreciation</p> <p>Getting on & falling out; Say no to bullying</p> <p>Reverence Thankfulness Endurance</p>	<ul style="list-style-type: none"> • Managing money • Good value • Resource allocation <p>LINKS TO MATHS</p> <p>Determination Appreciation</p> <p>Going for goals</p> <p>Compassion Humility Justice</p>	<ul style="list-style-type: none"> • What is risk • Road Safety • Pressure • Safe and unsafe touches <p>LINKS TO GEOGRAPHY</p> <p>Respect</p> <p>Relationships</p> <p>Wisdom</p>	<ul style="list-style-type: none"> • What makes a good friend • Falling out <p>LINKS TO SCIENCE</p> <p>Happiness Loving</p> <p>Good to be me</p> <p>Friendship Trust Peace.</p>	<ul style="list-style-type: none"> • My identity • My community – school and local • Similarities and differences in community <p>LINKS TO GEOGRAPHY & RE</p> <p>Appreciation Respect</p> <p>Changes</p> <p>Creation. Friendship</p>
	<p>Vocabulary</p> <p>Knee, elbow, shoulder, wrist, ankle, stomach, heart, lungs, brain, penis, testicles, breasts, vulva, vagina, womb, male, female, boy, girl, changes, physical, emotional, social, teenager, family, parent, carer, partner, mum, dad, grandparents, step mum and step dad.</p> <p>Acceptable, unacceptable, depends, worried, hurt, upset, tell, good secret, bad secret and surprise.</p>					
Y4	<ul style="list-style-type: none"> * Class rules * Role of School Council * Jobs on the School Council * Class council 	<ul style="list-style-type: none"> * Feelings of other people * Developing relationships * Different types of relationships * Puberty 	<ul style="list-style-type: none"> * Safety in school * Responsibilities for my safety and the safety of others * E-safety 	<ul style="list-style-type: none"> * What keeps me healthy? * What can make me ill – bacteria & viruses * Drugs – medicines and tobacco 	<ul style="list-style-type: none"> * Similarities & differences * Communities including Britain * Respect & tolerance 	<ul style="list-style-type: none"> * Rights & responsibilities * Rights of the Child * Jobs and duties

	<p>* My strengths and weaknesses</p> <p>New beginnings Teamwork Service Creation Reverence</p>	<p>Getting on & falling out; Say no to bullying. Respect Friendship Trust</p>	<p>Going for goals Determination Belief Endurance Humility</p>	<p>* Good and bad habits</p> <p>Relationships Loving Forgiveness Compassion</p>	<p>Good to be me Happiness Thankfulness Peace Wisdom Justice</p>	<p>Transition to middle school</p> <p>Changes Appreciation Hope</p>
<p>Vocabulary Bacteria, virus, germs Ill, unwell, spread stop and hygiene. Life cycle, grow, change, mature, develop, puberty, body processes, inevitable, grow, bigger, taller, heavier, stronger, change, developing, feelings, emotions, moods, relationships, safe, unsafe, comfortable, uncomfortable, private, acceptable, unacceptable feelings, loss, separated, died, relief, regret, remember, support, share, violence, enemy and responsibility. Online, passwords, personal information, CEOP button and secret.</p>						

SEAL activities-one weekly session/assemblies/visitors.

Linked to School values-Determination/Teamwork/Happiness/Loving/Respect/Belief/Appreciation

Linked to Christian values-

Reverence/Wisdom/Thankfulness/Humility/Endurance/Service/Compassion/Friendship/Trust/Peace/Forgiveness/Justice/Hope/Creation.